



**APTA**  
Tennessee

A Chapter of the American  
Physical Therapy Association

**2026**  
**SPRING**  
**CONFERENCE**

**MARCH 20TH & 21ST**

TENNESSEE  
STATE  
UNIVERSITY  
NASHVILLE, TN

# 2026 SPRING CONFERENCE SCHEDULE

## FRIDAY, MARCH 20

### **7:30 AM - Registration Opens -PTA SIG Meeting**

#### **Professional Track**

##### **8:30-10:30 (0.2 CEUs)**

Elevate Your Career: Dynamic Strategies for Professional Development in Physical Therapy  
*Dr. Ron Barredo PT, DPT, EdD, MA, FAPTA, FACHE, FNAP*

##### **10:45-11:45 (0.1 CEUs)**

Maximizing the Value of the Medical Biller: It's About Time!  
*Bob Kowalick*

##### **12:45-2:45 (0.2 CEUs)**

Leadership for Everyone  
*Dr. Joe Black PT, DPT, SCS, ATC*  
*Dr. Alan Meade PT, DScPT, MPH*

##### **3:00-5:00 (0.2 CEUs)**

The Importance of an Existential Lens in Treating Patients with Chronic or Identity-Disrupting Pain  
*Dr. Alivia Stehilc PT, DPT*  
*Dr. Emma Smith PhD, LPC, CST, CCTP*

### **11:45-12:45 - Lunch -District Chair Committee Meeting**

#### **Specialty Track**

##### **8:30 AM - 11:30 AM (0.3 CEUs)**

Bridging Cultural Gaps: How to Use the Health Belief Model to Improve Practice  
*Dr. Patricia King PT, PhD, FAAOMPT, FAPTA*

##### **12:45 PM -5:00 PM (0.4 CEUs)**

Muscles Are Friends: A Clinician-Friendly Approach to Screening and Integrating Pelvic Floor Muscle Function  
*Dr. Marsha Bowman PT, DPT, WCS, BCB-PMD*

#### **Student Track**

##### **8:00 AM - 5:00 PM**

NPTEFF Student Board Review

##### **5:00 PM**

#### **Awards Ceremony**

*Join us for a ceremony honoring our award winners with drinks and appetizers*

#### **7:00 PM Legislative Committee Meeting (15 minutes)**

# 2026 SPRING CONFERENCE SCHEDULE

## SATURDAY, MARCH 21

**7:30 AM - Registration Opens**  
**-Delegate Committee Meeting**  
**-TNCAPT Meeting**

### General Session

**8:30 AM - 9:30 AM (0.1 CEU)**

Eat, Drink, Sleep, and Be Merry: Lifestyle Medicine  
and Physical Therapy

*Dr. Derek Charles PT, DPT, EdD*

**9:30 AM - 11:30 AM (0.2 CEUs)**

Navigating Change in 2026: Local and National Updates In  
Physical Therapy That Affect Us

*Dr. Jody Swearingen DPT, OCS, STC, COMT, CHP  
President, Tennessee Chapter of the APTA*

**11:30 AM - 12:00 PM**

Exhibitor Bingo and Poster Presentation

**12:00-1:00 Chapter Business  
Meeting and Lunch**

### Professional Track

**1:15 PM - 5:30 PM (0.4 CEU)**

Manual Therapy Must Haves: The Tips, Tools, and  
Techniques I "Won't Leave Home Without"

*Dr. Patricia King PT, PhD, FAAOMPT, FAPTA*

### Ethics & Jurisprudence Track

**1:15 PM - 5:30 PM (0.4 CEUs)**

Ethics in Physical Therapy Practice &  
Jurisprudence - The Legal Basis of Physical  
Therapy Practice

*Alan Meade, PT, DScPT, MPH  
Jane David, PT, DPT, MS*

# 2026 SPRING CONFERENCE COURSE BROCHURE

## GENERAL SESSIONS

### **"Eat, Drink, Sleep, and Be Merry: Lifestyle Medicine and Physical Therapy**

This one-hour session introduces participants to the six pillars of lifestyle medicine: nutrition, physical activity, restorative sleep, stress management, avoidance of risky substances, and social connection, and demonstrates how these evidence-based domains can be integrated into physical therapy practice. Participants will learn how to incorporate validated lifestyle screening tools, including PROMIS measures, the Orebro Questionnaire, sleep assessment questions, and physical activity vital signs, into a person-centered evaluation to enhance clinical reasoning. Case examples illustrate how lifestyle factors influence pain mechanisms, psychosocial contributors, movement patterns, and patient engagement. The session also explores strategies for applying motivational interviewing principles, confidence scaling, and collaborative goal setting to promote meaningful and sustainable behavior change. Clinicians will leave with practical methods for improving outcomes through whole-person, behavior-informed care.

**Presenter:** Derek Charles is an Associate Professor in the Department of Physical Therapy at Tennessee State University, teaching musculoskeletal courses. He also treats patients on an outpatient basis. Dr. Charles is an ABPTS Orthopedic Certified Specialist and is a Fellow of the American Academy of Orthopedic Manual Physical Therapists. Derek is the Chair of the APTA-TN Research Committee and has previously served on the Nominating, Practice, and Reimbursement Committees. He also represents APTA-TN as a Member-at-Large in the House of Delegates.



### **Navigating Change in 2026: Local and National Updates In Physical Therapy That Affect Us**

**Presenter:** Jody Swearingen, PT,DPT,OCS,STC,COMT is a highly respected outpatient physical therapist and the Vice President of Client Compliance for Business and Clinical Management Services, LLC. He has most recently served as Chief Clinical Officer at TopPT, a leading outpatient clinic he co-founded and managed. With a career spanning over two decades, Jody is known for his expertise and commitment to advancing the field of physical therapy.

He earned his Master's in Physical Therapy from the University of Tennessee at Chattanooga in 2002 and later completed his Doctorate at the University of St. Augustine. Jody holds Board Certification in Orthopedics and specialty certification in Sports Therapy, alongside his Orthopedic Manual Therapy Certification from Maitland Seminars.

Jody's career includes a significant role as the Director of Clinical Compliance for a major outpatient physical therapy network in the Southeast, where he was responsible for overseeing the compliance of over 700 therapists and assistants. His work involved creating and implementing policies and procedures, training staff in billing, coding, and documentation, and managing audits and regulatory updates.



## PROFESSIONAL TRACK

### **Elevate Your Career: Dynamic Strategies for Professional Development in Physical Therapy**

**Course Description:** This interactive workshop is designed to enhance the professional development of physical therapists, physical therapist assistants, and physical therapy students. Participants will explore effective strategies to advance their careers, enhance their clinical skills, and promote professional growth. The session will emphasize practical insights, networking opportunities, and resources available within the field of physical therapy.

**Presenter:** Dr. Ronald De Vera Barredo, PT, DPT, EdD, FAPTA, FACHE, FNAP, has been a physical therapist since 1990. He is a Geriatric Certified Specialist Emeritus with the American Board of Physical Therapy Specialties and a Certified Cardiac Rehabilitation Professional with the American Association of Cardiovascular and Pulmonary Rehabilitation. Dr. Barredo holds fellow designations with the American Physical Therapy Association, the American College of Healthcare Executives, and the National Academies of Practice. He has worked in the academic setting for over 25 years and currently serves as the Dean of STEM and Health Sciences at Trevecca Nazarene University in Nashville, Tennessee. Prior to Trevecca, Ron previously chaired the DPT program at Tennessee State University for 10 years and subsequently served as Dean of the College of Health Sciences for almost a decade.



### **Maximizing the Value of the Medical Biller: It's About Time!**

#### **Course Objectives:**

- 1) I will share data from millions of claims processed over the past 5 years on the sources of billing process time inflation and errors across all revenue cycle functions
- 2) How we quantify Revenue Cycle Complexities and their impact on Billing Process Time Demand
- 3) How we quantify Billing Time Demand / Billing Time Supply imbalance and its impact on revenue cycle objectives
- 4) How we convert the medical biller into a RCM intelligence data generator
- 5) Why Revenue Cycle Complexity reduction needs to be the primary objective of RCM

#### **Presenters:** Credentials & Degrees

BS Physical Therapy, Licensed Physical Therapist, MS Exercise Science, Founder / CEO Revenue Cycle Solutions, LLC, Founder / CEO Ascend Solutions, LLC, 30+ years RCM experience as a healthcare practice owner, RCM services, data developer, Time Analytics data platform inventor. I have spoken at numerous Physical Therapy industry events on RCM and scaling healthcare practices including; the APTA Private Practice conference, dozens of Breakthrough Physical Therapy Marketing in person and remote live events, HBMA Innovation Conference, as an invited RCM subject matter expert on many webinars and seminars on various revenue cycle topics.

### **Leadership for Everyone**

Drs. Meade and Black will engage the audience in an exploration of what it means to be a leader, wherever you are—your clinic, your professional association, your family, your community, but, maybe most importantly, with your patients.

Among the many concepts to be explored are:

- ▶ Being a leader means knowing who you lead
- ▶ The perils of leadership
- ▶ But I don't want to be a leader—the reluctant leader
- ▶ What makes for effective leadership
- ▶ Developing a leadership skillset
- ▶ Everybody is a leader

**Presenters:** Alan V. Meade, PT, DScPT, MPH, is Director of Rehab Services at Holston Medical Group in Kingsport. He has served APTA-Tennessee as Vice-President, two terms as President, and is currently the Treasurer. He served as Board Consultant to the PT Licensing Board for over 26 years. He was a Charter Member of the FCCPT BOD and currently serves that board as Secretary/Treasurer. He is also a member of the APTA House of Delegates, a role he has fulfilled for the past 16 years. Alan is one of only two PT's nationwide that have served on the Centers for Medicare and Medicaid Services for the Advisory Panel on Outreach and Education. He is Adjunct Faculty at ETSU in the Doctor of Physical Therapy Program and teaches in the areas of Administration, Management, and Leadership as well as Health & Wellness. Alan is a graduate of Leadership Kingsport 2003, and also acted as Chairman of the Kingsport Tomorrow 2010.



## Leadership for Everyone

**Presenter:** Joe Black, PT, DPT, SCS, ATC has been in a clinician for 48 years. Dr. Black graduated from the physical therapy program at the University of Tennessee Health Sciences Center in Memphis in 1977 and from the Doctoral program at the University of Tennessee in Chattanooga in 2007. He is a Board Certified Sports Clinical Specialist and a Certified Athletic Trainer. For 29 years, he was owner and CEO of a thriving private practice. He is currently Director of Professional Development Total Rehabilitation in Maryville, Tennessee and a weekly columnist for the local newspaper. A prominent sports physical therapist, he has built one of the most proactive and progressive sports PT services in the country. He has served in many Association, Chapter, and Section roles, most notably as Chapter President and on APTA's Nominating Committee. He is the Recipient of the APTA's Lucy Blair Award, both the Turner A. Blackburn Lifetime Achievement/Hall and the Ron Peyton Award from the American Academy of Sports Physical Therapy, and numerous other regional and national awards. Dr. Black has given over 200 formal presentations over a storied career, most focusing on clinical practice and clinical excellence. That list includes local, district, Chapter, Section, Association, national, and international presentations.



## The Importance of an Existential Lens in Treating Patients with Chronic or Identity-Disrupting Pain

**Course Description:** Chronic and identity-disrupting pain often intensifies existential concerns related to meaning, identity, and purpose, which can significantly influence engagement in rehabilitation and perceived recovery. These concerns frequently remain unaddressed in traditional biomedical encounters due to time constraints or assumptions about the scope of practice. Physical therapists, through sustained therapeutic relationships and movement-based care, are uniquely positioned to attend to these dimensions of the pain experience. This interactive session introduces core principles of existential philosophy and therapy and explores how adopting an existential lens can enhance clinical reasoning, therapeutic alliance, and patient-centered care in individuals with chronic or identity-disrupting pain. Participants will learn to recognize existential themes in patient narratives, integrate reflective and meaning-oriented dialogue with functional goals, and determine when existential engagement is appropriate versus when referral is indicated. Case examples and guided practice will support ethical, effective implementation within physical therapy practice.

**Presenters:** Dr. Alivia Stehlik, PT, DPT, OCS is a licensed physical therapist and board-certified clinical specialist in orthopaedic physical therapy practicing in Nashville, TN. She specializes in working with athletes and active adults experiencing chronic or identity-disrupting pain, with a clinical emphasis on patient education, therapeutic alliance, and whole-person care. As a soon-to-be-retired career Army officer, she has extensive experience caring for soldiers, veterans, and other tactical athletes navigating pain-related disruptions to identity and function. Dr. Stehlik integrates contemporary pain science with movement-based rehabilitation and reflective clinical dialogue to help patients remain engaged in meaningful activity. She is passionate about expanding physical therapy practice to thoughtfully address the existential dimensions of chronic pain within ethical scope.



Dr. Emma Smith, PhD, LPC, CST, CCTP is a licensed professional counselor and certified sex therapist in private practice serving individuals and couples across multiple states. Her clinical work integrates existential philosophy, trauma-informed care, and embodied approaches to psychotherapy, with particular attention to identity, meaning, and relational disruption following trauma or chronic distress. Dr. Smith has extensive experience supporting survivors of trauma, military families, and LGBTQIA+ individuals as they navigate changes in self-concept, embodiment, and agency. Her interdisciplinary perspective emphasizes meaning-making, therapeutic presence, and ethical boundaries when addressing existential concerns in healthcare settings.



## Manual Therapy Must Haves: The Tips, Tools, and Techniques I “Won’t Leave Home Without”

**Course Description:** In the fast-paced environment of outpatient orthopedics, a reliable "utility belt" of manual assessments and interventions that deliver fast, reliable results emerges for most clinicians. This session moves beyond complex, multi-step protocols to focus on the high-yield, time-proven, evidence-informed techniques that provide the "biggest bang for your buck" from the instructor's perspective of 30+ years practicing, training, and teaching orthopedic manual physical therapy. Through a combination of clinical reasoning and hands-on demonstration, this session highlights a curated selection of manual examination techniques, joint mobilization/manipulations, soft tissue techniques, and clinician-assisted movements. There will be an emphasis on clinician ergonomics that may be particularly useful to smaller and female therapists, but applies to all, ensuring therapists protect their own joints while maximizing patient comfort and outcomes. Whether you are a new graduate or a seasoned orthopedic manual therapist, this course provides an opportunity refine your "hands-on" toolkit for the cervical, lumbar, and peripheral joints and to join in discussion and debate with the instructor on the benefits of the selected techniques and discuss your favorites as well.



**Presenter:** Dr. King is an orthopedic manual physical therapist & medical anthropologist with 30+years in clinical practice, research, university administration, teaching & association leadership. Her academic experience spans state, private, for-profit & non-profit institutions, and training in public health as well as physical therapy and anthropology. Clinical practice/teaching experiences cover interprofessional university faculty practices, clinical residencies, public health, home health, hospital-based clinics, corporate & private practices. Dr. King is currently Chair of the Department of Physical Therapy at Tennessee State University in Nashville. Outside the university she serves as a member of the Accrediting Council for Orthopedic Manual Physical Therapy Education (ACOMPTE), Chair of the Membership Growth and Innovation Task Force for the American Academy of Orthopedic Manual Physical Therapy and as President of The Museum of Health Care in Appalachia, an organization that preserves the history of medicine and health care in the Appalachian Highlands of Tennessee through historical collections.

### SPECIALITY TRACK

## Bridging Cultural Gaps: How to Use the Health Belief Model to Improve Practice

**Course Description:** Why do some people diligently follow home exercise programs while others do not? Are the non-adherent “not motivated” or is there sometimes a cultural disconnect at play? In an increasingly diverse society, clinical outcomes are deeply influenced by a patient's cultural lens. "Cultural gaps" often exist between practitioners and the patients we try so hard to help. This two-hour session provides a practical framework to bridge this gap using the Health Belief Model (HBM). The HBM will be used to provide cultural perspectives on why patients may accept or reject physical therapy interventions. Participants will use HBM to learn strategies to move beyond basic cultural "facts" and toward cultural humility, learning how to identify the psychological and cultural barriers to adherence. We will explore how selected traditional beliefs—such as energy flow (Qi), and hot/cold theories shape a person's perceptions of health and recovery. Attendees will leave with information about common, culturally associated health beliefs and immediately useful communication "scripts" and "metaphor mapping" techniques that can align biomedical approaches to health and rehabilitation with diverse health perspectives, facilitating more equitable care and improved patient outcomes

**Presenter:** Dr. King is an orthopedic manual physical therapist & medical anthropologist with 30+years in clinical practice, research, university administration, teaching & association leadership. Her academic experience spans state, private, for-profit & non-profit institutions, and training in public health as well as physical therapy and anthropology. Clinical practice/teaching experiences cover interprofessional university faculty practices, clinical residencies, public health, home health, hospital-based clinics, corporate & private practices. Dr. King is currently Chair of the Department of Physical Therapy at Tennessee State University in Nashville. Outside the university she serves as a member of the Accrediting Council for Orthopedic Manual Physical Therapy Education (ACOMPTE), Chair of the Membership Growth and Innovation Task Force for the American Academy of Orthopedic Manual Physical Therapy and as President of The Museum of Health Care in Appalachia, an organization that preserves the history of medicine and health care in the Appalachian Highlands of Tennessee through historical collections.



## Muscles Are Friends: A Clinician-Friendly Approach to Screening and Integrating Pelvic Floor Muscle Function

**Course Description:** Every patient has pelvic floor muscles (PFM), and their function is essential to successful physical therapy outcomes across all practice settings. This interactive course introduces the Muscles Are Friends framework to demystify PFM function and pose it as a foundational component of the deep core system. Participants will learn a practical, non-invasive screening approach they can incorporate into routine initial evaluations. Through hands-on activities, participants will apply principles of PFM co-activation, breathing mechanics, and intra-abdominal pressure management across adult populations and care settings. After attending this course, participants will be more confident to screen pelvic floor function and integrate pelvic health strategies into general physical therapy practice.

**Presenter:** Marsha Bowman, PT, DPT, WCS, BCB-PMD, is a highly experienced physical therapist specializing in pelvic health with nearly 40 years of clinical practice. Her professional background features an extensive history in both acute care and outpatient settings, where she has treated a wide range of neuromusculoskeletal conditions across the lifespan. With additional experience in practice ownership and clinical academia, she brings a uniquely multimodal perspective to both patient care and professional instruction. Marsha earned her Doctor of Physical Therapy from Northeastern University and her Bachelor of Science in Physical Therapy from the University of Tennessee Health Science Center. She holds advanced certifications in pelvic physical therapy (CAPP), Women's Health (WCS), and biofeedback (BCB-PMD). Dedicated to advancing the field, Marsha focuses on integrating pelvic health into early student education and developing specialized continuing education seminars that empower clinicians to address complex patient needs.



## Ethics in Physical Therapy Practice

**Course Description:** Course participants will be able to:

- 1) Define the ethical principles crucial to ethical decision making
- 2) Describe the APTA Core Values
- 3) Discuss the ethical commitments that serve as the basis for APTA's Standards of Conduct
- 4) Apply the APTA Code of Ethics for ethical decision making
- 5) Demonstrate through case analysis the ability to identify ethical conflicts and support a resolution to an ethical dilemma

**Presenters:** Alan is currently Director of Rehab Services at Holston Medical Group in Tri-Cities, Tennessee, and Southwest Virginia, a position he has held for 20 years. In this role, Alan has participated in Holston's development of an Accountable Care Organization and has been involved in developing a variety of value-based payment arrangements with several insurers. Alan is an active member of the Tennessee Physical Therapy Chapter, currently serving as President of the Tennessee Physical Therapy Association. He served as the TN. PT Licensing Board Consultant for 18 years in areas of Investigation, Foreign-Educated issues, and Continuing Competency. He is Adjunct Faculty at East Tennessee State University's Physical Therapy Program. He is very active in his community with the Covenant Counseling Center, Kingsport Parks & Recreation Advisory Committee, and at First Baptist Church, serving in many leadership roles. Alan has a Bachelor of Science in Physical Therapy degree from the University of Tennessee Center for Health Sciences, a Bachelor of Science degree in Community Health Education, and Masters in Public Health and Industrial Education from East Tennessee State University. In 2012, he completed his Doctorate of Science in Physical Therapy (ScDPT) at the University of Tennessee Health Science Center.



Jane David, PT, DPT, MS is the former program director for the physical therapist assistant program at Jackson State Community College (JSCC) in Jackson, TN. She is now Professor Emeritus with JSCC and continues to hold an adjunct faculty position with the college. Since her retirement from JSCC in 2022 she continued to be an actively practicing clinician with Sports Plus, a division of West Tennessee Healthcare, specializing in the area vestibular rehabilitation. She retired from clinical practice in 2024 and has since worked as a consultant with the Commission on Accreditation of Physical Therapy Education. Dr. David has undergraduate and/or post-graduate degrees from Murray State University, the University of Memphis, and the University of Tennessee Health Science Center. She has extensive clinical and teaching experience in various capacities including Ethics and Jurisprudence. In addition, Dr. David has many hours of continuing education related to the practice of physical therapy with many related to vestibular rehabilitation and balance. Dr. David was appointed to the Tennessee Board of Physical Therapy in 2019 and continues to serve in that capacity. She has been an active member of the APTA for over 40 years. She has served the American Physical Therapy Association Tennessee Chapter (APTATN) as Jackson District Chair, secretary for the Executive Committee, and as a member of the Nominating Committee.



## Jurisprudence: The Legal Basis of Physical Therapy Practice

**Course Description:** Course participants will be able to:

- 1) Describe the purpose of the Tennessee Practice Act, Rules, and Board of Physical Therapy Policy Statements
- 2) Compare and contrast the current Practice Act and Rules related to the TN licensed physical therapist and physical therapist assistant
- 3) Discuss the various sections of the current Practice Act and the Rules and apply the relevant content to case scenarios
- 4) Demonstrate a good understanding of continuing competency requirements and the associated reporting for TN licensed physical therapists and physical therapist assistants

**Presenters:** Alan is currently Director of Rehab Services at Holston Medical Group in Tri-Cities, Tennessee, and Southwest Virginia, a position he has held for 20 years. In this role, Alan has participated in Holston's development of an Accountable Care Organization and has been involved in developing a variety of value-based payment arrangements with several insurers. Alan is an active member of the Tennessee Physical Therapy Chapter, currently serving as President of the Tennessee Physical Therapy Association. He served as the TN. PT Licensing Board Consultant for 18 years in areas of Investigation, Foreign-Educated issues, and Continuing Competency. He is Adjunct Faculty at East Tennessee State University's Physical Therapy Program. He is very active in his community with the Covenant Counseling Center, Kingsport Parks & Recreation Advisory Committee, and at First Baptist Church, serving in many leadership roles. Alan has a Bachelor of Science in Physical Therapy degree from the University of Tennessee Center for Health Sciences, a Bachelor of Science degree in Community Health Education, and Masters in Public Health and Industrial Education from East Tennessee State University. In 2012, he completed his Doctorate of Science in Physical Therapy (ScDPT) at the University of Tennessee Health Science Center.



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## STUDENT TRACK

### Student Board Review

**Presenter:** NPTEFF - Priyam Sanghvi, PT, MPT, DPT, is a Board-Certified Specialist in Orthopedic Physical Therapy and an APTA-certified Clinical Instructor. Passionate about education, she teaches at both NPTE Final Frontier and OCS Final Frontier. As the lead for in-person bootcamps, Priyam enjoys traveling, collaborating with students and faculty, and providing hands-on learning experiences to support student success. She also practices in an outpatient clinic, where she delivers evidence-based care to a diverse patient population. Outside of work, she loves traveling and exploring different cuisines and cultures.





*Please Join Us*

For a Reception  
Honoring our APTA TN  
Award Winners

March 20, 2026

5:00-7:00 PM

Tennessee State University

Elliott Hall

1108 37th Ave N, Nashville,

TN 37209

Dinner & Two Drink Tickets